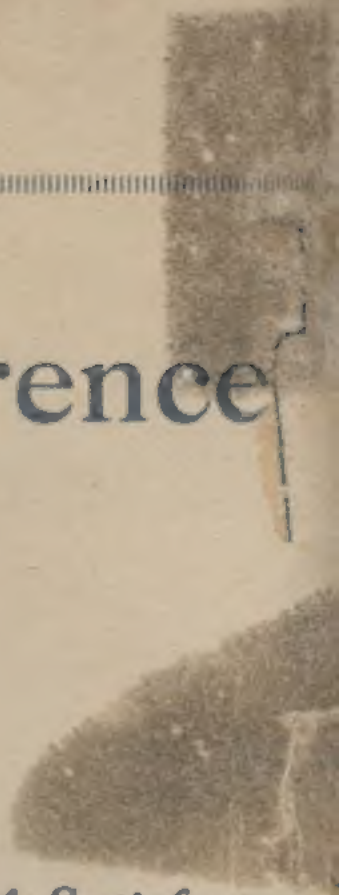
The Magic of Milk

150 DAIRY DISH AND MILK DRINK RECIPES

There Is a Difference In Foods



A Satisfactory Lunch should contain milk or dishes made from milk.

A Satisfactory Lunch

Cream of Tomato Soup

Creamed Salmon — Mashed Potatoes

Apple Sauce

Bread and Butter — Milk

This is only one of many lunches which might be recommended.

The meat-potato-bread type of diet is Unsatisfactory

An Unsatisfactory Lunch

Stewed Tomatoes

Canned Salmon — Fried Potatoes

Apple Sauce

Bread — Coffee

The above information is taken from "The American Home Diet" by Drs. McCollum and Simmonds, Johns Hopkins University

One Hundred and Fifty Dairy Dish and Milk Drink Recipes

To the Mothers of America

To your Mother and to our Mother—
To old Mothers and to young Mothers—
To present Mothers and to future Mothers—
This book of Recipes and Food Facts
Is respectfully dedicated.

* * *

The recipes herewith given have been used in the Home Economics Division of the United States Department of Agriculture, various state colleges, and infant welfare organizations.

Our Message to the American People

There is no substitute for Milk and its products. Milk, Butter, Ice Cream and Cheese are protective foods, indispensable to growth and health, and essential in the perpetuation of the human race.

If you will use them freely you will avoid many physical ailments and escape disease resulting therefrom.

The Milk Way is the Health Way—Follow It.

National Dairy Council

THE MILK WAY is the HEALTH WAY

Women Have an Enormous Responsibility in Providing and Preparing Suitable Food

Upon them depends largely the welfare of the great nation of tomorrow.

The family well-being depends almost entirely upon what you give them to eat. Their health is largely determined by well cooked, nourishing and digestible food.

Improper food, or too much food, will cause indigestion, and make you and your family less efficient in their work and earning power. Over eating is as bad as under eating—both are dangerous.

You must make a study of food if you want a successful family and the recipes contained in this book will help you in this work.

The growth of children both physically and mentally depends absolutely upon proper food, and they must have milk and its products in various forms. Six million pitiful children, dull and undersized, illustrate the tragedy of under nourishment due to insufficient supply of milk, butter, ice cream and cheese.

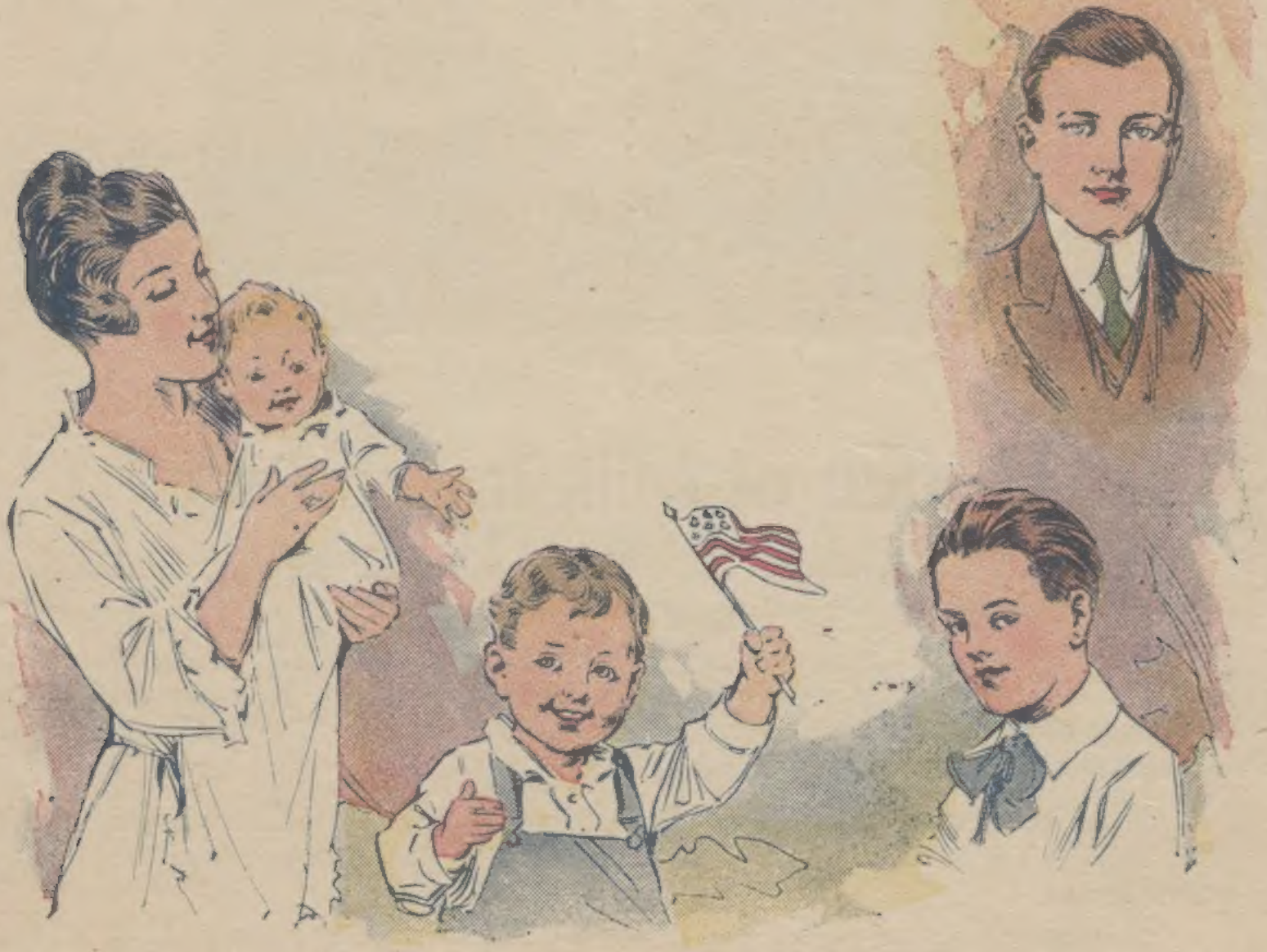
Dairy dishes are nourishing, digestible and delicious, and will help economize, if economy is necessary, without skimping. They are easy to prepare, another big advantage.

It is not so much a question of quantity of food, as of kind. You must give your growing children growth promoting food, and the greatest of all growth producing foods are milk and its products.

from INFANCY to OLD AGE

Read the article on page eight, "Value of Milk in the Diet," and you will know why children must have milk to drink, plenty of cream on cereals, bread and milk, custards and similar milk dishes, cheese, ice cream —the food dessert—and plenty of butter, spread on thick.

The 150 recipes that follow show you how to prepare 150 appetizing, nourishing and delicious dishes and drinks. Each one is easily prepared and inexpensive as to ingredients.



Dr. McCollum

Value of Milk in the Diet

Milk and its products, butter, ice cream and cheese, are the most nourishing of all foods—for people of all ages.

For the proper growth and development of the child it is absolutely essential that a liberal supply of milk and its products be consumed. The growing child must have food which builds muscle and bone, and which furnishes energy for every-day activities.

Milk is the only food which fully supplies these needs. Milk is a perfect food. There is no substitute for milk, while it is a substitute for all other foods.

Dr. McCollum of Johns Hopkins University, one of the foremost authorities on nutrition, says that milk is indispensable to child growth, that there

from INFANCY to OLD AGE

are no substitutes for milk and its products, for they contain a vital food substance called Fat Soluble A, which is indispensable to growth.

In America at the present time over 13,000,000 children, or one out of every three, are suffering from an insufficient supply of milk and its products. Malnutrition in its various forms is retarding their growth and development, both physically and mentally.

Milk is not only an infant food but is one which should be in the diet of every adult. It promotes health and furnishes nourishment as does no other food. The Milk way is the Health way.

Dr Woods, Chairman of the Maryland Council of Defense, says: "Milk contains calcium, phosphorus, and other mineral elements needed by the growing body in the most available form; milk furnishes the fat needed in human nutrition in the most assimilable form; milk contains both of the newly discovered so-called "fat soluble" and "water soluble" factors necessary to normal growth. Altogether, milk, more than any other food, combines most completely and in most available form, at the lowest cost, all the elements needed to promote growth and sustain the body. Milk has absolutely no substitute for growing children. It deserves to rank, therefore, as our most important and necessary food."

Milk is a food, the value of which cannot be estimated in terms of dollars and cents.

Dr. McCollum says:

"The people who have achieved, who have become large, strong, vigorous people, who have reduced their infant mortality, who have the best trades in the world, who have an appreciation for art, literature and music, who are progressive in science and every activity of the human intellect are the people who have used liberal amounts of milk and its products."

Food authorities have made careful surveys and find the expenditures for food by the average American family	Now are	Should be
Meat and Fish	35%	12%
Milk and its products	20%	44%
Bread and Cereals	15%	13%
Vegetables and Fruit	13%	17%
Eggs	6%	6%
Sugar	5%	3%
Miscellaneous	6%	5%

They all agree that if the change were made it would mean, *Better Health, Greater Efficiency, and a Saving of Money.*

Composition of Milk and Its Products

Food	Water per ct.	Protein per ct.	Fat per ct.	Sugar per ct.	Mineral Matter per ct.
Whole Milk	87.0	3.3	4.0	5.0	0.7
Skim Milk	90.3	3.5	0.1	5.3	0.8
Butter Milk	90.0	3.7	0.5	5.1	0.7
Butter	16.0	1.0	80.0		3.0
Cheese	36.0	24.0	34.0	2.0	4.0
Ice Cream	63.0	5.0	10.0	21.0	1.0

In addition, milk and its products contain that vital growth-promoting and health-giving substance for which there is no substitute and which is found only in milk and its products, eggs and certain leaves.

* * *

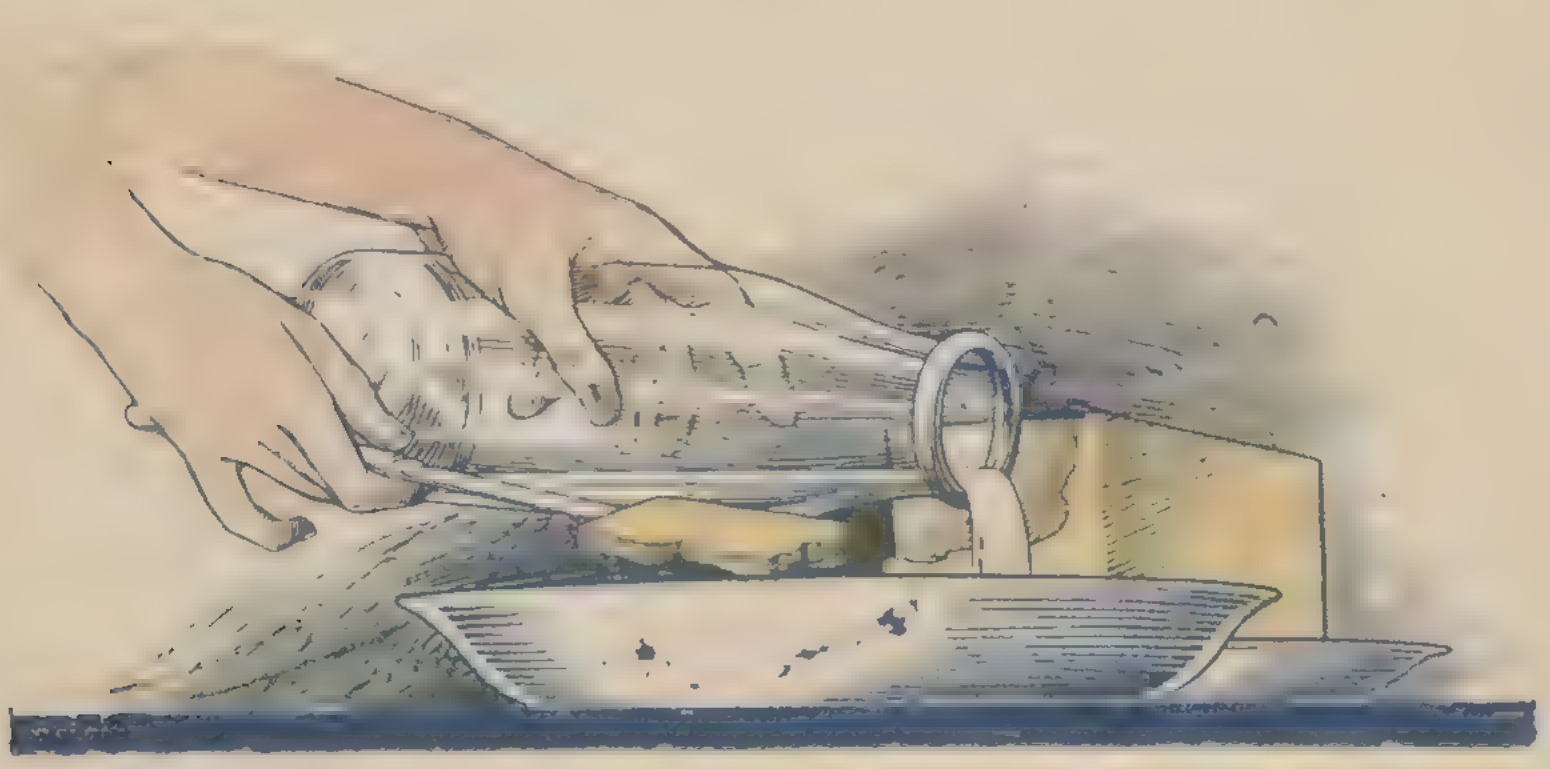
Use of Skim and Sour Milk

Skimmed milk is the residue after removal of the cream, and it is well digested by those persons whose stomachs do not tolerate fat in any form.

The value of skim-milk as a food is not generally appreciated. Taken by itself, it is rather "thin," and, to use a common expression, "does not stay by." The reason for this is simple. One has to drink a large quantity to get the needed nourishment, and further, it is so readily disposed of that it does not satisfy the sense of hunger, but when taken with bread or used in cooking, it forms a very nutritious addition to the food.

Skim-milk has all the protein of the whole-milk, also the milk sugar and the mineral matter. By removal of the fat in cream it loses half its fuel value, but practically none of the protein. What is left has all the

value of the whole-milk for building and repair of tissue, for the making of blood and muscle and bone, and half the value of whole-milk for supplying heat and muscular power. When these facts are clearly understood, skim-milk will doubtless be more wisely utilized. The ways in which a skillful cook can utilize skim-milk in cooking are almost endless, and the protein and sugar and mineral matter thus added to the daily ration are of the utmost importance. Skim-milk can be used in any recipe that calls for



whole-milk and by the addition of a little butter the fat is replaced and the composition approaches whole-milk. See recipes for Popovers, Parker House Rolls and the Milk Soups given on pages 12, 19, 20 and 21.

Sour milk recipes are even more numerous and all are delicious. There is extra delicacy in hot breads made with sour milk or cream.

Cream that has soured to an even thickness can be eaten with great relish as a spread for bread and butter. All the nourishing qualities are retained while the slight acid adds to digestibility.

Look for sour milk recipes on pages 14, 15 and 16.

Hot Bread Recipes

Popovers

1 cup flour
¼ teaspoonful salt
⅞ cup milk
2 eggs
½ teaspoonful melted butter

Beat eggs thoroughly. Add gradually, while beating, the milk and flour, to which salt has been added. Add butter and beat two minutes with Dover egg beater. Put a half teaspoonful of butter in hissing hot iron gem pans. Fill half with batter and bake thirty minutes in a hot oven. Serve immediately.

* * *

Parker House Rolls

1 cake Fleischmann's Yeast
1 pint milk, scalded and cooled
2 tablespoonfuls sugar
4 tablespoonfuls lard or butter, melted
3 pints sifted flour
1 teaspoonful salt

Dissolve yeast and sugar in lukewarm milk, add lard or butter and one and one-half pints of flour. Beat until perfectly smooth. Cover and let rise in a warm place one hour, or until light.

Then add remainder of flour, or enough to make a dough, and salt. Knead well or "throw and roll." Place in greased bowl. Cover and let rise in a warm place for about one and one-half hours, or until double in bulk.

Roll out one-fourth inch thick. Brush over lightly with melted butter, cut with two-inch biscuit cutter, crease through center heavily with dull edge of knife, and fold over in pocket-book shape.

Place in well-greased, shallow pans one inch apart. Cover and let rise until light—about three quarters of an hour. Bake 10 minutes in hot oven.

Out to Old Aunt Mary's

The Jelly—the Jam and the Marmalades,
And the Cherry and Quince "Preserves" she made,
And the Pancakes she stacked so high—
And the Maple Syrup she'd always buy—
And the more we'd eat the more we'd try—
Out to Old Aunt Mary's.

—Apology to James Whitcomb Riley

Sour Milk Griddle Cakes

2½ cups flour
½ teaspoonful salt
2 cups sour milk
1¼ teaspoonfuls soda
1 egg

Mix and sift flour, salt, and soda; add sour milk and egg well beaten. Drop by spoonfuls on a greased hot griddle; cook on one side. When puffed, full of bubbles, and cooked on edges, turn, and cook other side. **Serve with butter and maple syrup.**

Foods Made with Sour Milk

Ginger Bread

4 tablespoonfuls butter
½ cup sugar
1 egg
½ cup molasses
2 teaspoonfuls cocoa
½ cup sour milk
1¾ cups flour
¾ teaspoonful soda
1 teaspoonful ginger
¼ teaspoonful cinnamon
¼ teaspoonful salt
1 teaspoonful allspice

Sift flour and spices, salt and soda together. Mix other ingredients in the order given and combine mixtures. Bake in moderate oven 30 minutes.

* * *

Sour Milk Biscuits

1 quart flour
1 teaspoonful soda
1 teaspoonful salt
1 teaspoonful sugar
2 tablespoonfuls butter
Sour milk to moisten
(about 1½ cups)

Sift dry ingredients together, cut in butter with knife, add milk to make a stiff dough. Roll out thin and bake in hot oven. Serve hot with honey or maple syrup.

* * *

Boston Brown Bread

1 cup whole wheat flour
1 cup graham flour
1 teaspoonful soda
1 cup corn meal
1 teaspoonful salt
2 cups sour milk
½ cup molasses

Mix dry ingredients thoroughly. Mix the sour milk and molasses. Stir in dry ingredients, beating thoroughly. Turn into well buttered pound baking powder cans. Cover tightly and steam 2 hours. Remove cover and dry in oven for 15 minutes. Take from can and slice with string. Raisins and nuts can be added to [illegible] dough mixture, if desired

Waffles

1 egg
1 cup sour milk
1 cup flour
1 tablespoonful butter
1 teaspoonful soda
1½ teaspoonfuls baking powder
½ teaspoonful salt

Mix and sift flour and baking powder. Beat egg thoroughly, add sour milk, flour and salt. Dissolve soda in ½ tablespoonful cold water. Add to mixture. Beat thoroughly. Cook on oiled, hot waffle irons and serve hot with maple syrup.

Spoon Bread

1 pint coarse white corn meal
½ teaspoonful salt
1 cup sour milk or buttermilk
1 tablespoonful butter
1 egg, white and yolk beaten separately
½ teaspoonful soda for each cup sour milk

Mix the cornmeal, butter and salt with enough warm water to make a smooth paste. Then add egg, sour milk and soda. Beat until very smooth. Pour into hot, well-buttered baking dish and bake quickly in hot oven.

* * *

Sour Cream Cookies

½ cup butter
1½ cups sugar
2 eggs
½ cup sour cream
1 teaspoonful soda
Flour to roll

Cream the butter, add the sugar and eggs, well beaten. Sift soda with the flour, and add alternately with cream to first mixture. Roll out, cut, and sprinkle top with sugar.

* * *

Brown Nut Bread

½ cup molasses
1 teaspoonful soda
2 cups sour milk
2 cups graham flour
1 teaspoonful salt
½ cup sugar
1 cup chopped nuts
1½ cups white flour

Mix and sift all the dry ingredients. Add molasses to the milk and combine this gradually with the dry materials. Add the nuts. Half fill baking powder cans, oil cover, let stand one-half hour. Bake three-quarters of an hour in moderate oven.

Recipes for Bread and Muffins

Graham or Whole Wheat Bread

1 cup milk, scalded and cooled
4 tablespoonfuls light brown sugar or molasses
1 cup lukewarm water
1 cake Fleischmann's Yeast
2 tablespoonfuls lard or butter, melted
4 cups graham flour
1 cup sifted white flour
1 teaspoonful salt

Dissolve yeast and sugar, or molasses, in lukewarm liquid. Add lard or butter, then flour gradually, or enough to make a dough that can be handled, and the salt. Knead thoroughly, or "throw and roll," being sure to keep dough soft. Cover and set aside in a warm place to rise for about two hours.

When double in bulk, turn out on kneading board, mould into loaves, and place in well-greased pans, cover and set to rise again—about one hour, or until light. Bake one hour, in a slower oven than for white bread.

If wanted for over night, use one-half cake of yeast and an extra half-teaspoonful salt.

* * *

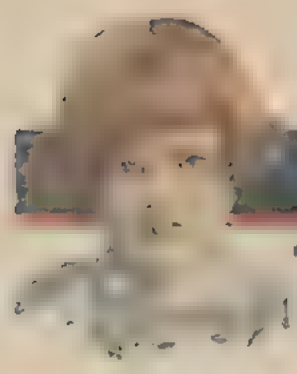
Coffee Cake

1 cup milk, scalded and cooled
1 tablespoonful sugar
3 cups sifted flour
½ cup butter
1 cup sugar
1½ cakes Fleischmann's Yeast
⅛ teaspoonful mace
1½ cups mixed fruit—citron, raisins, currants in equal parts
¼ teaspoonful salt
3 eggs

Dissolve yeast and one tablespoonful sugar in the lukewarm milk, add one and one-half cups of flour. Beat well. Cover and set aside in warm place, to rise one hour or until light.

Add to this the butter and sugar creamed, the mace, the fruit which has been floured, the balance of the flour, or enough to make a good cake batter, the salt, and eggs well beaten. Beat for 10 minutes.

Pour into well buttered molds, filling them about half full, cover and let rise until molds are nearly full, then bake in a moderate oven. If made into two cakes, they should bake 45 minutes; one large cake should bake one hour.



Cornmeal Muffins

2 cups milk, scalded and cooled
2 tablespoonfuls light brown sugar
4 tablespoonfuls lard or butter, melted
1 cake Fleischmann's Yeast
2 eggs well beaten
2½ cups cornmeal
1 cup sifted white flour
1 teaspoonful salt

Dissolve yeast and sugar in lukewarm milk. Add lard or butter, cornmeal, flour, eggs and salt. Beat well. Fill well-greased muffin pans two-thirds full. Set to rise in warm place, free from draft, until light--about one hour. Bake in hot oven 20 minutes. This recipe makes a dozen muffins

For over night, use one-fourth cake of yeast and an extra half teaspoonful salt. Cover and keep in cool place.

For Corn Bread, use same recipe. Bake 20 minutes in well-greased, shallow pan, instead of muffin tins.

* * *

Sour Cream Salad Dressing

1 cup sour cream whipped until stiff.

Add flavoring of lemon and pineapple juice during the whipping. Season with salt and a dash of curry powder, when it is to be served with vegetable salads, but using only the fruit flavoring when used on fruit salad on crisp lettuce leaves.

* * *

Suggestion

Sour whipped cream can be substituted for sweet cream in any boiled salad dressing recipe.

Soups

Cream of Tomato Soup

3 tablespoonfuls butter
3½ tablespoonfuls flour
2 cups canned tomatoes
¼ teaspoonful soda
½ teaspoonful salt
1 teaspoonful chopped onion
1½ cups cold milk

In sauce pan melt butter, add flour and stir to smooth paste; then add the tomatoes gradually, blending it with the flour mixture. Add soda and onion. Return to fire and cook five minutes. Strain and cool.

When cold, add 1½ cups cold milk. Heat in double boiler and serve May be garnished with whipped cream.

Cream of Green Pea Soup

1 pint or 1 can green peas
1 quart water
2 tablespoonfuls butter
2 tablespoonfuls flour
½ teaspoonful salt
1/16 teaspoonful white pepper
½ teaspoonful sugar
1 pint milk or cream

Wash the peas and cook them in 1 pint of water until soft. Mash them in the water in which they were cooked, strain and add the remaining 1 pint of water and the milk; make a white sauce, using the liquid, and cook until it is like thick cream and serve.

* * *

Potato Soup

3 potatoes
1 pint milk or
1 pint milk and water
2 teaspoonfuls chopped onion
1 tablespoonful butter
1 tablespoonful flour
1 teaspoonful salt
⅛ teaspoonful white pepper
2 teaspoonfuls chopped parsley
Celery salt

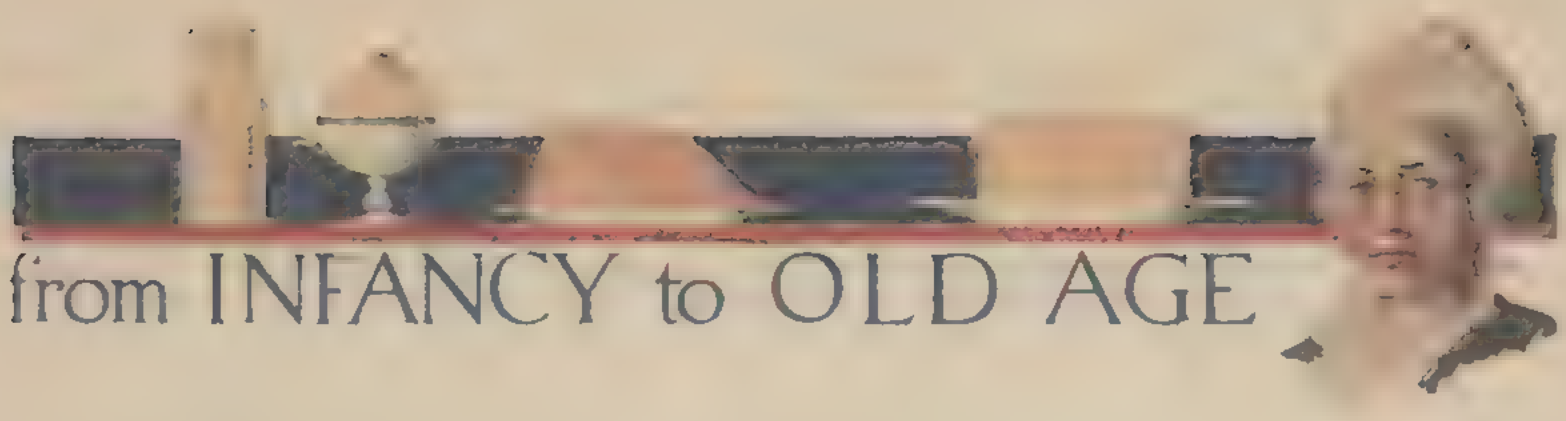
Cook the potatoes until soft and drain; cook the milk and onion in a double boiler. Beat the potatoes with a wire potato masher, add the hot milk, strain and use as a liquid to make a white sauce. Cook 5 minutes and add the chopped parsley just before serving.

* * *

Rice Soup

1 tablespoonful butter
1 tablespoonful flour
⅛ teaspoonful salt
1/16 teaspoonful pepper
1½ cups rice water
1 cup hot milk
1 slice onion
1 tablespoonful chopped parsley

Cook the slice of onion in the milk in the double boiler until the milk is scalded. Add the rice water and heat again. Make a white sauce, using the liquid, add the parsley and serve at once.



Cheese Soup

1 quart milk
1 tablespoonful onion
1 blade mace
1 pepper pod
2 tablespoonfuls butter
2 tablespoonfuls flour
½ cup grated cheese
2 egg yolks
1 teaspoonful salt
¼ teaspoonful white pepper

Scald milk, onion, mace and pepper pod. Melt butter in sauce pan, blend flour with melted butter. Strain milk and seasonings, and add gradually to flour mixture, stirring all the time. Return to double boiler to cook. When creamy, add the cheese, salt and pepper, stirring until cheese is melted. Then pour over well-beaten egg yolks, stirring all the time. Whip until frothing and serve.

* * *

Oatmeal and Mushroom Soup

Cook oatmeal with a small onion and sprig of parsley; then with hot milk. Strain and add chopped mushrooms.

Milk Desserts

Soft Custard

2 cups scalded milk
Yolks 3 eggs
½ cup sugar
⅛ teaspoonful salt
½ teaspoonful vanilla

Beat eggs slightly, add sugar and salt; stir constantly while adding gradually hot milk. Cook in double boiler, continue stirring until mixture thickens and a coating is formed on the spoon; strain immediately, chill and flavor. If cooked too long the custard will curdle. Should this happen, by using a Dover egg beater, it may be restored to a smooth consistency, but custard will not be as thick. Eggs should be beaten slightly for custard that it may be of smooth, thick consistency. To prevent scum from forming, cover with a perforated tin. When eggs are scarce, use **yolks two eggs and one-half teaspoonful corn starch.**

* * *

Baked Custard

4 cups scalded milk
4 to 6 eggs
½ cup sugar
¼ teaspoonful salt
Few gratings nutmeg

Beat eggs slightly, add sugar and salt, pour on slowly scalded milk, strain in buttered mould, set in pan of hot water. Sprinkle with nutmeg and bake in slow oven until firm, which may be readily determined by running a silver knife through custard. If knife comes out clean, custard is done. During baking care must be taken that water surrounding mould does not reach boiling point, or custard will whey. Always bear in mind that eggs and milk combination must be cooked at a low temperature. For cup custards allow four eggs to four cups milk; for large moulded custard six eggs; if less eggs are used, custard is liable to crack when turned on a serving dish.

Ginger Custard

Canton ginger
4 eggs
2 cups milk
½ cup sugar
¼ teaspoonful salt
2 teaspoonfuls vanilla

Cut canton ginger in thin strips and use for garnishing sides of buttered individual moulds. Beat eggs slightly, add sugar, milk and seasonings, and strain into mould. Set in a pan of hot water and bake until firm. Remove to serving dish when chilled thoroughly.

* * *

Caramel Custard

4 cups scalded milk
5 eggs
½ teaspoonful salt
1 teaspoonful vanilla
½ cup sugar

Put sugar in omelet pan, stirring constantly over hot part of range until melted to a syrup of light brown color. Add gradually to milk, being careful that milk does not bubble up and go over, as is liable on account of high temperature of sugar. As soon as sugar is melted in milk, add mixture gradually to eggs slightly beaten, add salt and flavoring, then strain in buttered mould. Bake as custard. Chill and serve with caramel sauce.

* * *

Coffee Custard

2 cups milk
2 tablespoonfuls ground coffee
⅛ teaspoonful salt
3 eggs
¼ cup sugar
¼ teaspoonful vanilla

Scald milk with coffee and strain. Beat eggs slightly; add sugar, salt, vanilla and milk. Strain into buttered individual moulds, set in pan of hot water and bake until firm.

THE MILK WAY is the HEALTH WAY

Cheese Dishes

Cheese dishes should be common in the diet of every American, for they are nourishing and healthful.

Cheese is the most nourishing and economical of all protein, or muscle-building foods; it is rich in that vital element, butter-fat, with which is associated fat soluble A, the recently discovered substance which is indispensable to child growth and to health among adults.

The American nation has failed to appreciate the food value of cheese in the human dietary, and unlike the people of Europe, we have not appreciated its nourishing and highly desirable qualities. The use of more cheese will mean greater health and a saving on food expenditures.

Cheese is an excellent substitute for meat, at about one-half the cost per pound of digestible nutrients.

Cheese Sauces

Cheese Sauce No. 1

1 cup milk
2 tablespoonfuls flour
1 ounce cheese (¼ cup of grated cheese)
Salt and pepper

Thicken the milk with the flour and just before serving add the cheese, stirring until it is melted. This sauce is suitable to use in preparing creamed eggs, or to pour over toast, making a dish corresponding to ordinary milk toast, except for the presence of cheese. It may be seasoned with a little curry powder and poured over hard-boiled eggs

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Cheese Sauce No. 2

Same as Cheese Sauce No. 1, except that the cheese is increased from 1 to 2 ounces. This sauce is suitable for using with macaroni or rice, or for baking with crackers soaked in milk.

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Cheese Sauce No. 3

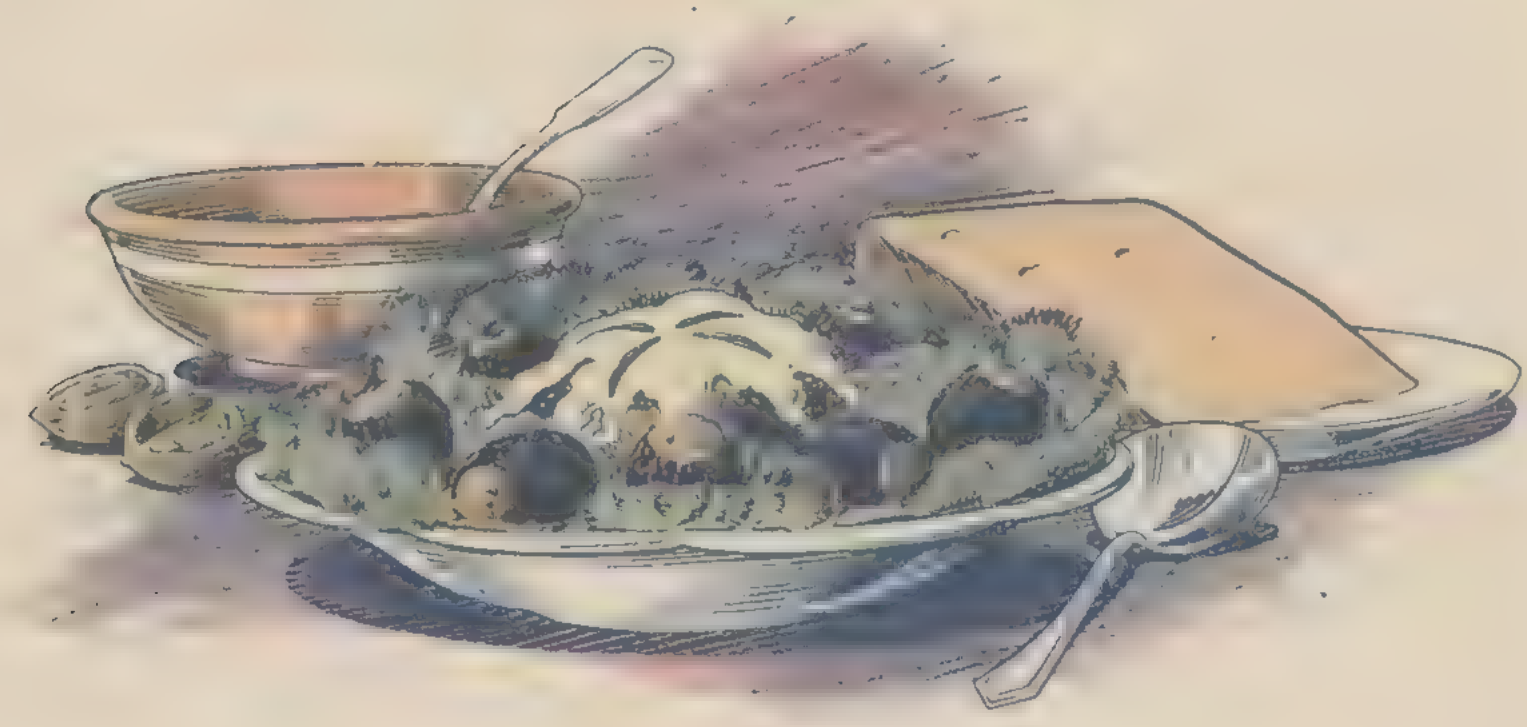
Same as Cheese Sauce No. 1, except that two cupfuls of grated cheese or 8 ounces are used. This may be used upon toast as a substitute for Welsh rarebit.

* * *

Cheese Sauce No. 4

Same as Cheese Sauce No. 2 save that two tablespoonfuls of melted butter are mixed with the flour before the latter is put into the milk. This sauce is therefore very rich in fat and has only a mild flavor of cheese.

Cheese Salads



Prune and Cheese Salad

Cream the cheese with mayonnaise and to each half cup of the mixture add one-quarter cup of English walnut meats, broken. Roll into tiny balls and place inside seeded prunes which have been cooked for 10 minutes in lemon juice and water. Serve on lettuce leaves with mayonnaise.

* * *

Astoria Salad

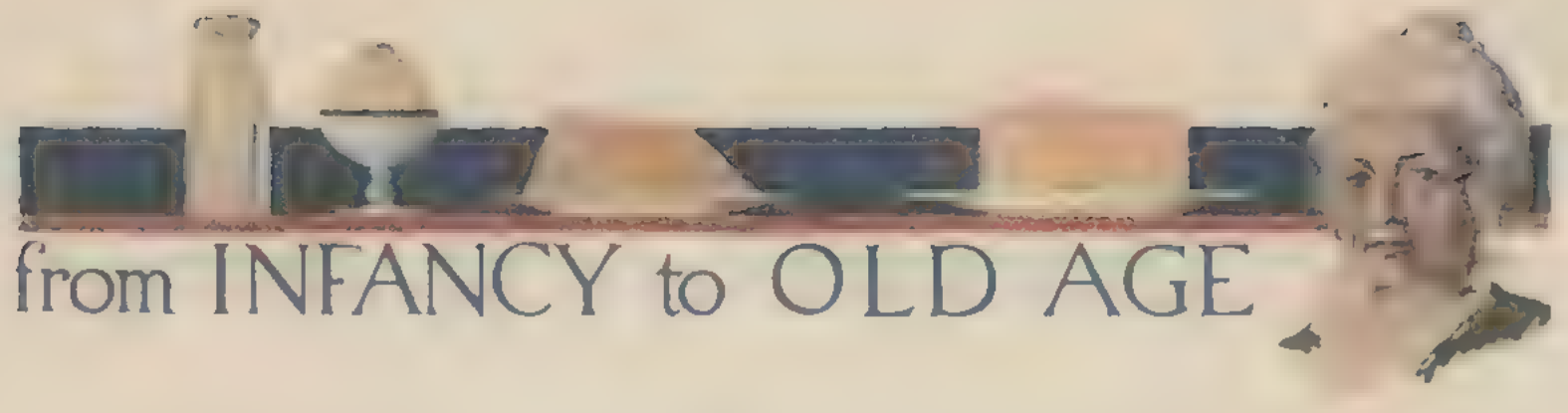
4 large figs
1 teaspoonful lemon juice
1 cup cheese, creamed
8 large dates
½ cup almonds

Add the lemon juice to the cheese, salt to taste, and beat thoroughly. Remove stones from dates. Add figs and almonds, chopping altogether and beating to a smooth paste. Add cheese mixture and mix well together, form into moulds or balls, and serve on lettuce leaves with salad dressing mixed with an equal quantity of whipped cream. Maraschino cherries may be used instead of figs.

* * *

Honolulu Salad

Put a slice of raw or canned pineapple on a nest of lettuce leaves. Mix one-half cup of cheese with a pimiento pepper, add a dash of salt and cayenne or tabasco. Form into balls and place one in the center of each slice of pineapple. Serve with mayonnaise dressing.



Plain Cheese Salad

Cut the cheese into small pieces and scatter them over lettuce leaves. Serve with French or mayonnaise dressing.

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Cheese and Pimiento Salad

Stuff canned pimientos with the cheese and cut in slices. Serve on lettuce leaves with French or mayonnaise dressing.

* * *

Olive and Pimiento-Cheese Salad or Sandwich

Add cream or Neufchatel cheese, chopped olives, and pimientos in equal parts. Salt to taste and form into a roll or mould. Cut into slices and serve on lettuce leaves with French or mayonnaise dressing.

* * *

Tomato and Cheese Salad No. 1

Choose medium-sized tomatoes, peel, and slice very thick. Drain well and wipe each slice. On top of each put a thick layer of cheese, mixed with chopped green pepper. Cover all with French or mayonnaise dressing and serve on lettuce. Pimiento peppers may be used instead of or with green peppers.

* * *

Tomato and Cheese Salad No. 2

Stuff cold tomatoes with cream, pimiento-cream or Neufchatel cheese. Serve on lettuce leaves with French or mayonnaise dressing.

* * *

Cheese Salad and Preserves

Place pieces of the cheese on lettuce leaves and cover with French or mayonnaise dressing. Serve with currants or other fruits, preserved in honey or sugar.

* * *

Nut and Cheese Salad

Cover whole blanched almonds with cheese and form in egg shapes. Roll in finely ground almonds. Pile in nests of lettuce leaves. Serve with mayonnaise dressing. Peanuts and many other nuts may be used equally satisfactorily.

Cheese and Lettuce Salad

3 leaves lettuce (chopped)
1 cheese or 4 tablespoonfuls
½ teaspoonful salt
⅛ teaspoonful paprika

Mix ingredients, roll into balls, and cover with toasted bread crumbs. Serve plain or on lettuce leaves with dressing.

* * *

Potato and Cheese Salad

Salad dressing
1 egg
¼ teaspoonful salt
¼ cup vinegar
¼ cup water
Mustard or curry powder
1 cheese or 4 tablespoonfuls
Diced potatoes

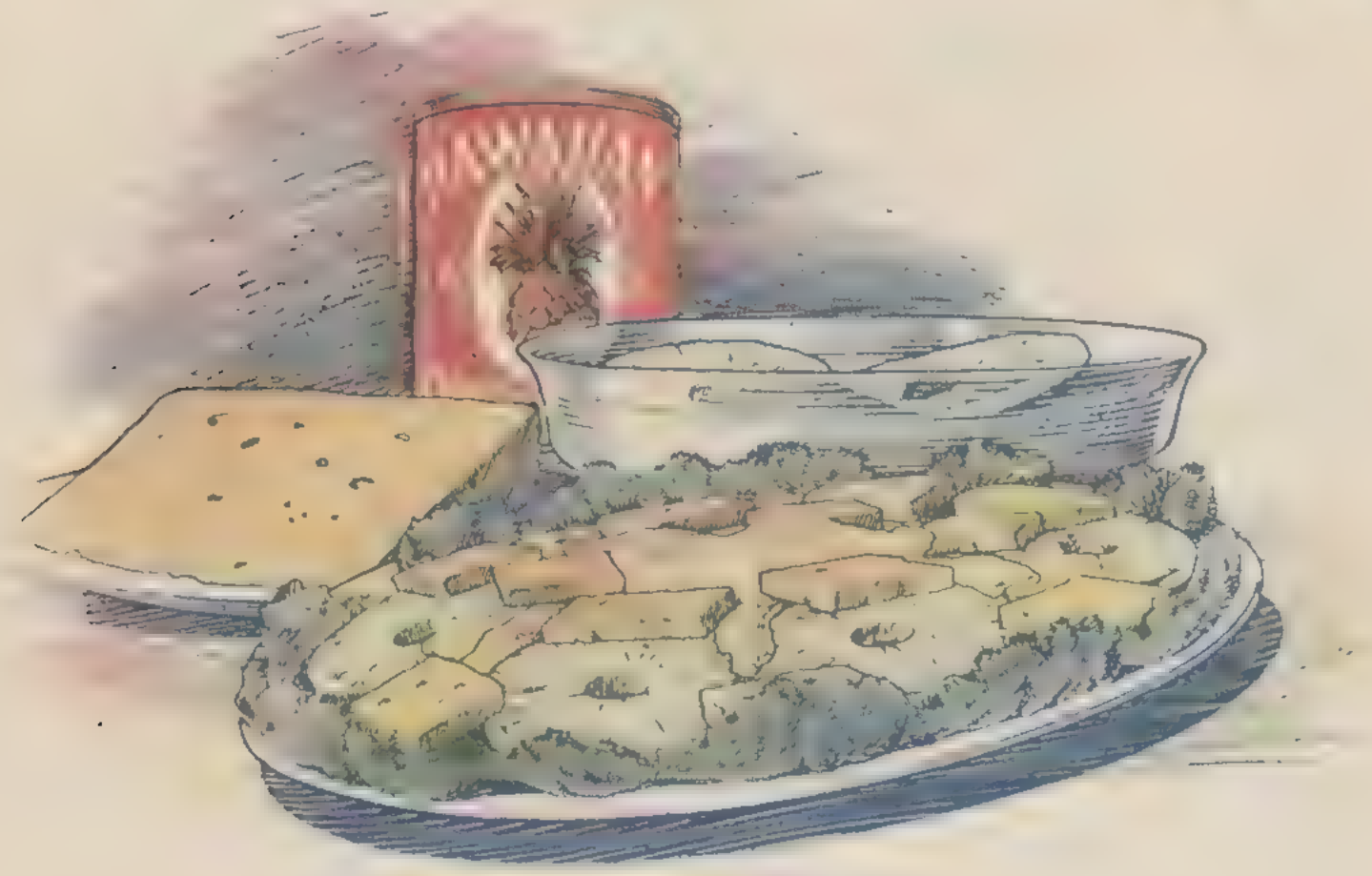
Add to well-beaten egg the other ingredients and cook over water until thick, then add the cheese and stir until melted and smooth. Pour over the potatoes, which have been cubed or diced, and mix well. Chopped celery, sweet peppers, or celery seed change the taste and give variety.

* * *

Cheese and Celery Salad

1 stalk celery
2 cheeses or ⅔ cup
1 teaspoonful salt
2 tablespoonfuls ground pecan nuts
¼ tablespoonful paprika
2 tablespoonfuls finely cut celery tops and lettuce leaves

Separate the celery, clean thoroughly, and place on ice until crisp. Mash cheese until soft, and add salt, paprika and ground nut meats. Dry the celery, fill the hollow part with the cheese mixture, and roll in finely chopped parsley or celery tops. Cut into 2-inch pieces and serve on crisp lettuce leaves with French dressing.



Pineapple and Cheese Salad

Place slices of pineapple on lettuce leaves, cover with slices or pieces of cheese, and serve with mayonnaise dressing.

* * *

Peach and Cheese Salad

Peel large peaches and cut into halves; remove stones and put on ice; place on lettuce and add a spoonful of mayonnaise. In center of each place a ball of cheese.

* * *

Pear and Cheese Salad No. 1

Mix chopped pecans with the cheese, form into balls, roll them in finely chopped nuts, and place in cavities of California white pears. Serve on lettuce leaves with mayonnaise.

* * *

Pear and Cheese Salad No. 2

Wash ripe pears and cut in two (crosswise). Scoop out the center from one half and fill the pear cup thus made with the cheese, to which chopped nuts, salt, and paprika have been added. Cover with the other half, chill, and serve with mayonnaise.

Cheese and Fruits

Cheese and Apples

Mix with one cheese 12 dates (seeded and chopped) and 1 tablespoonful of chopped pecan nuts. Wash and core good eating apples and fill the centers with the cheese mixture. Chill and serve on crisp lettuce leaves with French or mayonnaise dressing.

* * *

Frozen Cheese with Figs

Mash two cheeses and beat them with half a cup of stiffly beaten cream until smooth; flavor, and sweeten to taste. Put into covered pail or mould and bury in ice and salt for 4 hours. Slice in pieces 2 inches thick and cut round with biscuit cutter. In the side of each piece put a preserved fig or some other fruit.

* * *

Tomato Rabbit

2 tablespoonfuls butter
2 tablespoonfuls flour
⅔ cup stewed and drained tomatoes
5 cheeses or 1⅔ cups
¾ cup milk
⅛ teaspoonful soda

Cook the butter and flour together, add milk, and as soon as the mixture thickens add tomatoes and soda. Then add cheese and seasoning. Serve on toast, whole wheat, or graham bread.

* * *

Baked Cheese and Tomato

Select good whole tomatoes, remove part of contents, stuff with cheese and bake. Green peppers may be used in the same way. Serve hot.

Cheese and Dates

Select large, firm dates, wash, drain and stone. Stuff with cream cheese seasoned with salt and paprika. Chill and serve on nest of lettuce leaves with mayonnaise or special cheese dressing.

* * *

Cheese and Cherries

Select large whole cherries; wash, drain, and stone. Fill the centers with cheese and serve on lettuce leaves with mayonnaise. The cheese may be prepared with nut meats or pimientos before filling the cherries

* * *

Cheese Surprise

Select tart apples of uniform size; core, pare, and steam in a sirup of 1 cup of sugar to 2 cups of boiling water until soft. When cool place on the ice to chill thoroughly. Season cream cheese with salt and paprika and mix together until soft Cover the apples with the cheese mixture Chill again before serving. Serve on lettuce.

Cheese Sandwiches

Cuban Sandwich

Between two slices of bread place lettuce with a little salad dressing or salt on it, then a slice of cheese, and finally thin slices of dill pickles or a little chopped pickle.

* * *

Toasted Cheese Sandwiches

Plain bread and butter sandwiches with fairly thick slices of cheese between are toasted, and on picnics or at chafing-dish suppers are often browned in a pan in which bacon has been fried.

* * *

Cheese and Jelly Sandwich

Spread slices of bread with a layer of cream cheese, then a layer of jelly. Place another layer of bread on top to form a sandwich, then toast.

* * *

Cheese-Date-Nut Sandwich

Season cream cheese with chopped dates and nuts and serve as sandwich filling for graham crackers.

Cheese for Sandwiches

Add salt, a few drops of vinegar, paprika, and a speck of mustard to one cream or Neufchatel cheese. Mix thoroughly and spread between thin slices of bread. Anchovy essence may be added to the mixture if desired.

* * *

Cheese Paste for Sandwiches

½ cup tomato ketchup
2 tablspoonfuls chopped pecans
2 cheeses or ⅔ cup
1 teaspoonful onion juice
1 teaspoonful salt
¼ teaspoonful paprika

Cream the cheese and mix with the other ingredients. Spread between thinly cut slices of bread. This will make sufficient paste for about 24 ordinary sandwiches.

* * *

Cheese and Jam Sandwiches

Brown bread
Cheese
Cheese with jam, marmalade or preserved ginger

Slice bread thin and spread with layer of jam or marmalade; strawberry and peach flavors give best results. Spread a layer of cheese over jam and cover with another slice of bread. Press and serve.

* * *

Various Kinds of Cheese

1 American or Cheddar Cheese (ordinarily referred to).
2 Cottage Cheese
3 Pimento Cheese
4 Neufchatel Cheese
5 Club Cheese
6 Swiss Cheese
7 Limburger Cheese
8 Roquefort Cheese
9 Camembert Cheese
10 Gouda Cheese and many others.

Cheese and Vegetables

Cheese and Potato Puffs

1 cheese or 4 tablespoonfuls
1 cup hot seasoned mashed potatoes
1 egg
½ teaspoonful salt
1 dash paprika
½ teaspoonful parsley chopped fine

Mix cheese and potatoes, add salt, parsley, paprika, and yolk of egg well beaten. Fold in the stiffly beaten white of egg, place by spoonfuls on a greased pan, and bake until a golden brown.

* * *

Cheese-Potato Cakes

Mix one cheese with 2 ½ cups of cold mashed potatoes; season with salt, pepper, or a little paprika. Form into cakes and fry quickly in a little fat.

* * *

Cheese Rolls

A large variety of rolls may be made by combining legumes—beans of different kinds, cowpeas, lentils, or peas—with cheese, and adding bread crumbs to make the mixture thick enough to form into a roll. Beans are usually mashed, but peas or small Lima beans may be combined whole with bread crumbs and cheese, and enough of the liquor in which the vegetables have been cooked may be added to get the right consistency. Chopped spinach, beet tops, or head lettuce may be used instead of the legumes.

Cheese and Bean Roast

1 pound can kidney beans or equivalent of other cooked beans
3 cheeses or 1 cup Bread crumbs
Salt

Mash the beans or put through a meat grinder. Add cheese and bread crumbs enough to make the mixture sufficiently stiff to be formed into a roll. Bake in a moderate oven, basting occasionally with fat and water. Serve with tomato sauce. This dish may be flavored with onions, chopped and cooked in butter and water.

* * *

Cheese and Celery Relish

Cut stalks of deep-grooved celery into pieces about 2 inches long. Fill grooves with Neufchatel, cream or pimiento cheese and serve with bread and butter as a salad course or serve as a relish.

* * *

Tomatoes and Cheese

Broil slices of tomatoes, season with salt and paprika, place on slices of bread, cover the broiled tomatoes with seasoned cheese, and place in oven until cheese is melted. Serve at once.

* * *

Cheese and Parsley Balls

Season the cheese and mold into balls, chill, and roll in finely chopped parsley. Serve as garnish or on lettuce leaves with French or mayonnaise dressing.

Cheese and Cereals

Cheese may be combined with many breakfast foods. It can be melted with the "ready-to-serve" breakfast foods or simply served with them, and it may be cooked with the home-cooked kinds. This is a very rational dish as regards the proportion of nutrients and may be served as the principal item of a breakfast menu, thereby eliminating the meat. It may be served without milk and sugar.

* * *

Oatmeal with Cheese

2 cups oatmeal
1 cup cheese
1 tablespoonful butter
1 level teaspoonful salt

Cook the oatmeal as usual. Shortly before serving stir in the butter and add the cheese. Stir until cheese is melted and blended with oatmeal. The cheese flavor may be increased or decreased by the quantity added. Wheat breakfast foods (parched or unparched), cornmeal, and hominy may be prepared in the same way.

* * *

Cheese with Mush

Cheese may be added to cornmeal mush or to mush made from any of the corn or wheat preparations now on the market. The addition of cheese is particularly desirable when the mush is to be fried. Simply put the cheese in with the meal and cook until well blended. It fries much more satisfactorily and has a rich, desirable flavor.

* * *

Baked Cheese and Rice

1 cup rice
3 cheeses or 1 cup milk as needed

Cook the rice in salted water, and put into a buttered baking dish alternate layers of rice and cheese. Pour over them milk enough to come halfway to the top, cover with bread crumbs, and brown in the oven.

Cheese and Eggs

Deviled Eggs with Cheese

Deviled eggs are very much improved by the use of cream or Neufchatel cheese mixed with the egg yolk. The cheese prevents the crumbling of the yolk, as is usually the case with deviled eggs. Beat the eggs slightly, mix them with the other ingredients, and cook over a very slow fire, stirring constantly so as to melt the cheese by the time the eggs are cooked.

* * *

Baked Eggs with Cheese

4 eggs
2 or 3 cheeses or from ⅔ to 1 cup
1 cup fine soft, stale bread crumbs
¼ teaspoonful salt
Few grains cayenne pepper

Break the eggs into a buttered baking dish or into ramekins, and cook in a hot oven until they begin to turn white around the edges. Cover the mixture with crumbs, cheese, and seasoning. Brown in a very hot oven so that the cheese is brown without the eggs being cooked too much. White sauce may be put over eggs before the cheese mixture is added.

* * *

Creamed Cheese and Eggs

3 hard-boiled eggs
1 tablespoonful flour
1 cup milk
½ teaspoonful salt
Speck cayenne
4 slices toast
2 or 3 cheeses or from ⅔ to 1 cup

Make a thin white sauce with flour, milk, and seasoning. Add the cheese and stir until melted. Chop the whites of the eggs and add them to the sauce. Pour over the toast, then cut the yolks in small pieces and sprinkle over the whole.

Cheese Omelet

2 eggs
2 teaspoonfuls milk
1 cheese or 4 tablespoonfuls
½ tablespoonful butter
¼ teaspoonful salt
Dash pepper

Cream the cheese until sott, add milk, then the well-beaten yolks of the eggs, and then the stiffly beaten whites. Place a little butter in an iron skillet and when hot pour in the omelet. Cook until brown, then place under flame in an oven until slightly dried out on top, turn, and serve on hot platter. Season with salt, pepper, and butter.

* * *

Scrambled Eggs with Cheese

3 eggs
3 cheeses, or 1 cup
1 tablespoonful chopped parsley
½ teaspoonful salt
Pinch nutmeg if desired

* * *

Cheese Souffle

3 eggs
¼ teaspoonful salt
1 cheese, or 4 tablespoonfuls
5 tablespoonfuls honey
¼ cup sour cream

Beat cream and cheese until smooth. Add honey so that it is well blended, add yolks, then beaten whites. Fill pastry cases and bake 25 minutes. They will puff over the cases. If preferred, they may be baked in custard cups instead of cases. Serve with cheese sauce made by heating thick cream and cheese, blending with spoon and beater.

Miscellaneous Cheese Dishes

Cream or Neufchatel cheese may be used in preparing many dishes which may take the place of or supplement meat dishes, as well as in the recipes given below. It is not recommended to use them instead of American Cheddar or other cheese, but to show the many ways of using them satisfactorily. Since these cheeses are not ripened, they have a mild-cheese flavor in contrast to the strong-flavored cheese. The Cheddar cheese is often cheaper, has a more pronounced flavor, and when obtainable should be used in the regular way.

When these cheeses are made in the home, and are therefore not so expensive, or when a mild-cheese flavor is desired, or when the other cheeses are not easily obtained, they will be found very acceptable in preparing many dishes, a number of which follow. The nutritive value of the menu and the number of palatable dishes which may be served will be greatly increased by their use.

In many recipes calling for cheese the omission of butter and the substitution of a small quantity of skim-milk or water for whole-milk is very desirable and more wholesome because of the high fat and water content of the cheese.

Pimento and Cheese Roast

2 cups lima beans, cooked
2 canned pimentos chopped
2 cheeses or ⅔ cup
Bread crumbs
Salt and pepper

Put the cheese, beans, and peppers through a meat grinder. Mix well and add bread crumbs until stiff enough to form into a roll. Brown in oven, basting occasionally with fat and water.

* * *

Fried Bread with Cheese

Cut stale bread into thin pieces and put two pieces together with cheese between them. Dip in a mixture of egg and milk and fry in butter or other fat.

* * *

Cheese Sauce

1 cup milk
2 tablespoonfuls flour
From 1 to 3 cheeses or from 4 tablespoonfuls to 1 cup
Salt and pepper

Thicken the milk with flour and add cheese just before serving, stirring until melted.

This sauce may be used in preparing creamed eggs, to pour over toast, with macaroni, rice, Welsh rarebit, or for baking with crackers soaked in milk.

Cheese and Macaroni

1 cup macaroni broken into small pieces
1 tablespoonful chopped green peppers
1 tablespoonful butter
1 teaspoonful onion juice
1 teaspoonful chopped parsley
3 cheeses or 1 cup
Salt and pepper

Cook the macaroni in boiling water until tender; rinse in cold water, and cook parsley, onion, and green peppers in a little water with butter. Mix all ingredients together with the cheese and bake in a moderate oven about 15 minutes.

* * *

Plain Cheese and Macaroni

Cook macaroni until done, drain water off, add salt and pepper and cheese, stirring until cheese is melted. Serve at once.

* * *

Cheese, Rice and Tomato

1 cup cooked rice
1 teaspoonful salt
1 cheese or 4 tablespoonfuls
½ medium-sized pepper
¼ medium-sized onion
3 medium-sized tomatoes

Cook tomatoes, onion and green pepper 20 minutes. Add cooked rice and seasoning, then the cheese. When melted, pour over heated crackers or toast.

Savory Cheese

3 slices bacon
1 cheese or 4 tablespoonfuls
½ teaspoonful onion juice
1 tablespoonful milk
¼ teaspoonful salt
Dash paprika

Crisp the bacon and break it into small pieces. Mix cheese seasoning and milk with bacon. Heat thoroughly and serve on toast or crackers.

* * *

Cheese Fondue

1 cheese
¼ cûp fine bread crumbs
¼ teaspoonful salt
3 teaspoonfuls milk
¼ cup hot water
2 eggs

Cream the cheese and add salt, hot water, bread crumbs, and milk, then the well-beaten yolks of the eggs. The well-beaten whites are then gently added. Pour the fondue into a greased baking dish and place in a pan surrounded by hot water. Cook in a slow oven about 30 minutes or until firm. Test in center with knife.

* * *

Bermuda Relish

Arrange slices of Bermuda onion on toast with salt, pepper, and a drop of tabasco sauce on each; then add a thin layer of cream cheese. Bake long enough to melt the cheese.

Cheese Toast

1 cheese, or 4 tablespoonfuls
½ teaspoonful salt
⅛ teaspoonful paprika

Slice bread thin and cut into round pieces with biscuit cutter. Cream the cheese, add salt and paprika, spread evenly on bread, and brown in **oven.**

* * *

Cheese Crusts

Cut some stale bread in slices 2 inches thick. Trim crusts and spread with one tablespoonful of cheese. Season with salt and paprika. Lay in baking pan and brown in oven.

* * *

Cheese Balls, Fried

½ cup dry brown or victory bread crumbs
1 cup cheese
1 egg
¼ teaspoonful salt
¼ teaspoonful mustard
A few grains cayenne pepper

Mix ingredients, shape in small balls, and fry in deep fat.

* * *

Frozen Cheese

4 cheeses or 1⅓ cups
1 quart milk
1 pint cream
2 eggs
1½ cups sugar

Beat the cream and cheese together until smooth. To the well-beaten yolks of the eggs add the sugar and vanilla to taste, and the milk. Strain and freeze. When partly frozen add the well-beaten whites of the eggs.

Cheese Relish

1 cheese, or 4 tablespoonfuls
2 tablespoonfuls Roquefort cheese
½ stalk celery
1 large Bermuda onion
1 tablespoonful butter
2 green peppers
½ tablespoonful paprika

Rub the cheese and butter to a smooth paste, then add the paprika and the onion, celery, and pepper, chopped fine. Chill and serve with hot toasted cracker.

* * *

Cheese Dressing

1 cheese, or 4 tablespoonfuls
1 egg
¼ cup cold water
1 tablespoonful vinegar
¼ teaspoonful mustard
½ teaspoonful salt
1 teaspoonful sugar

Beat the egg until light, add salt, sugar and mustard, then water and vinegar, and cook over boiling water until thick. Then add cheese and beat until light and smooth. Serve when cold. A variety of salads may be served with this dressing. Chopped hard-boiled eggs, shredded pepper, and chopped olives, mixed and served on lettuce leaves with this dressing, make an excellent salad.

Whole tomatoes, with centers removed and the center filled with chopped cabbage, make a good salad with this dressing.

* * *

Cheese Spoon Bread

1 egg
1 cheese, or 4 tablespoonfuls
1 cup milk
½ cup cornmeal (white)
½ teaspoonful baking powder
½ teaspoonful salt

Heat milk, salt and cornmeal in double boiler for 5 minutes. Add cheese, and when melted and cool stir in the baking powder, then add the beaten egg. Bake in greased muffin rings or bread pan about 20 minutes.

Crackers and Cheese

1 cheese, or 4 tablespoonfuls
1 egg
3 drops onion juice
2 tablespoonfuls milk
½ teaspoonful salt

Soften the cheese, add milk, seasoning, and the yolk beaten until lemon colored, and lastly fold in the stiffly beaten white of the egg. Place spoonful on toast or crackers, heat thoroughly, and serve.

* * *

Gingerbread

Make a gingerbread, reducing the quantity of sugar. When cold cut in two and put in a layer of the following between the two halves:

Rub to a paste
2 cheeses or ⅔ cup
2 tablespoonfuls chopped dates
2 tablespoonfuls pecan nuts (chopped fine)
¼ teaspoonful salt

* * *

Cheese Fritters

1 cheese or 4 tablespoonfuls
1 cup cooked rice
¼ cup milk
1 egg
½ teaspoonful onion juice, if desired
¼ teaspoonful salt
Dash paprika

Mix rice, cheese, milk, paprika, salt and onion juice. Beat the egg well and mix with the other ingredients. Drop by spoonfuls on lightly greased skillet and turn when brown. Serve plain or with jelly.

* * *

Cheese Croquettes

Prepare the same as for cheese fritters. Chill the mixture thoroughly, mould into shape, roll in fine bread crumbs, then in diluted egg (1 tablespoonful of milk or water to an egg), and again in bread crumbs. Place in greased pan and brown in oven. Serve with tart jelly.

French Rarebit

Fill baking dish with alternate slices of buttered bread and grated cheese. Moisten with custard made in proportion of one cup milk and one egg Salt and paprika. Bake till well browned—about 40 minutes.

* * *

Parsnip Chowder

2 slices dried salt pork
1 small onion sliced
1 cup sliced potatoes
1 cup sliced parsnips

Cook altogether till soft; add two cups hot milk and four water **crackers.**

* * *

Cheese Toast

Put one-half pound cheese, grated or cut fine, into a saucepan with 1 tablespoonful butter and 2 tablespoonfuls flour. Stir briskly, adding 1 pint milk gradually. When well blended, pour over slices of hot toast

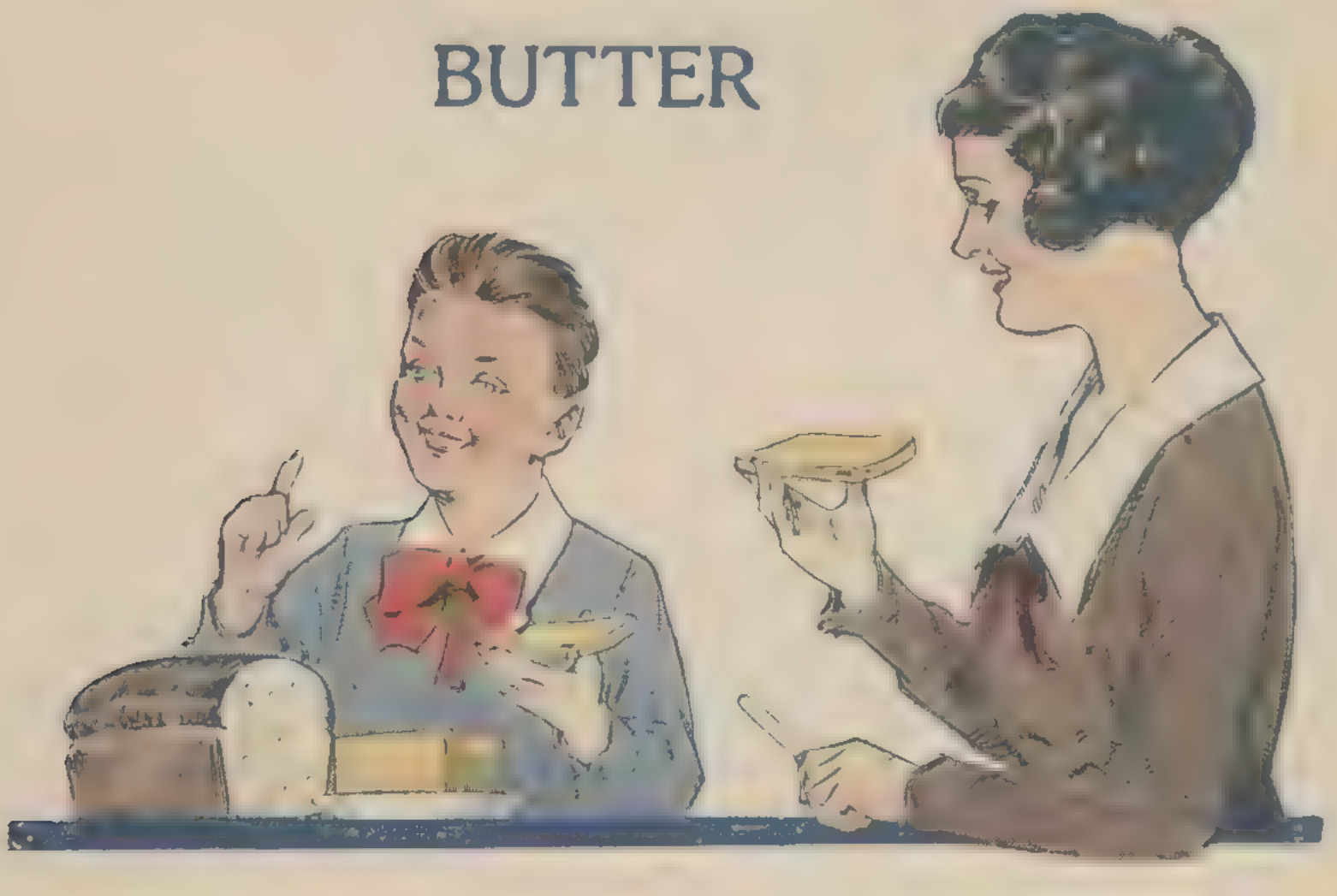
* * *

Cracker and Cheese Pudding

Fill a shallow baking dish with alternate layers of broken soda crackers and cheese cut in small bits; season with salt and paprika. Put bits of butter on top. Pour over milk to cover. Cover and place in hot oven 15 minutes. Then uncover and brown.

from INFANCY to OLD AGE

BUTTER



There is no substitute for Butter because Butter contains that Mysterious food substance so vital to the growth of the Child and health of the Adult. **No food can take its place.**

Butter is more than a relish. It is a concentrated vital food. It is all food and no waste; one pound contains as much nourishment or real food for the body as 41 eggs, four pounds of beef steak or 32 pounds of canned tomatoes. This proves conclusively that the value of food cannot **be determined by its appearance or cost.**

Butter is a wholesome, palatable and absolutely essential food. It promotes growth and health and supplies heat and energy for the body.

If you want your children to grow and be healthy and if you want to enjoy perfect health yourself you should use Butter in every possible way.

To outline all recipes in which butter is used would almost mean writing a cook book. Soups are improved by the addition of butter; potatoes and other vegetables are also improved, likewise cakes and other desserts are **more delicious when butter is an ingredient.**

Keep one fact in mind—There is no substitute for this vital food.

Butter Recipes

Boston Cookies

1 cup butter
1½ cups sugar
3 eggs
1 teaspoonful soda
1½ tablespoonfuls hot water
3¼ cups flour
½ teaspoonful salt
1 teaspoonful cinnamon
1 cup chopped nut meats
Hickory or English walnuts
½ cup currants
½ cup raisins, seeded and chopped

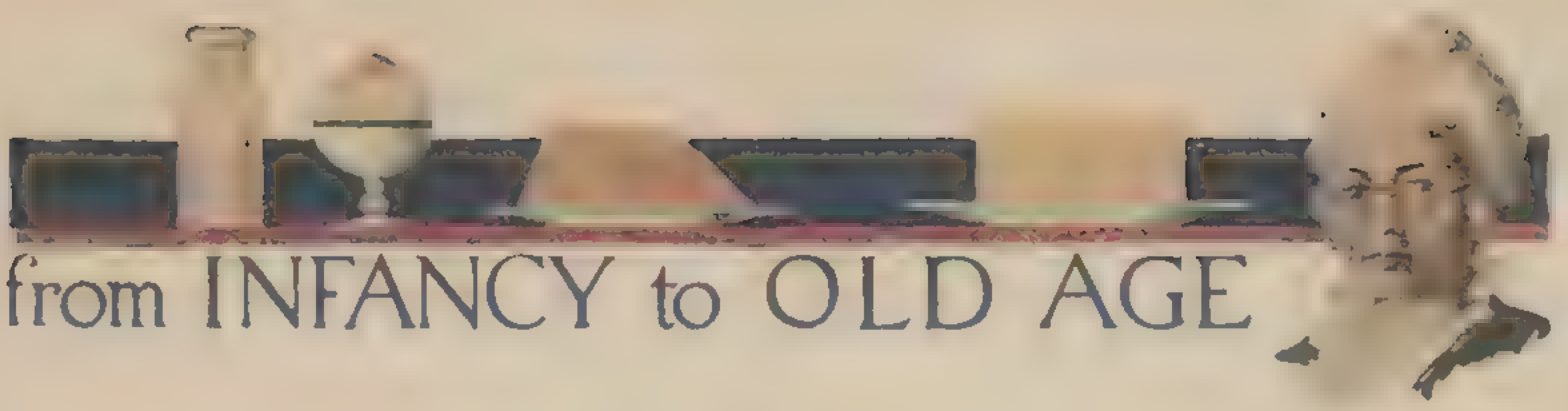
Cream the butter, add sugar gradually and eggs well beaten. Add soda dissolved in hot water and one-half the flour mixed and sifted with salt and cinnamon, then add nut meats, fruit and remaining flour. Drop by spoonfuls 1 inch apart on a buttered sheet and bake in a moderate oven.

* * *

Rich Cookies

½ cup butter
⅓ cup sugar
1 egg well beaten
½ teaspoonful vanilla
¾ cup flour
Raisins, nuts or citron

Cream the butter, add sugar gradually, egg, flour and vanilla. Drop from tip of spoon in small portions on buttered sheet 2 inches apart. Spread thinly with a knife first dipped in cold water. Put four Sultana raisins on each cookie, almonds blanched and cut in strips, or citron cut in small pieces.



Vanilla Wafers

⅓ cup butter
1 cup sugar
1 egg
¼ cup milk
2 cups flour
2 teaspoonfuls baking powder
½ teaspoonful salt
2 teaspoonfuls vanilla

Cream the butter, add sugar and egg well-beaten, milk and vanilla. Mix and sift dry ingredients and add to first mixture. Toss on floured board, roll thin, cut in desired sizes and bake.

* * *

Swedish Wafers

½ cup butter
½ cup sugar
2 eggs
5 ounces flour
¼ teaspoonful vanilla
Shredded almonds

Cream the butter, add sugar gradually, eggs slightly beaten, flour and flavoring. Drop by spoonfuls on an inverted buttered dripping pan. Spread very thinly, using a knife, in circular shapes about 3 inches in diameter. Sprinkle with almonds and bake in a slow oven. Remove from pan and shape at once over the handle of a wooden spoon.

* * *

English Rolled Wafers

½ cup molasses
½ cup butter
1 cup flour (scant)
⅔ cup sugar
1 tablespoon ginger

Heat molasses to boiling point, add butter, then slowly, stirring constantly, flour mixed and sifted with ginger and sugar. Drop small portions from tip of spoon on a buttered inverted dripping pan 2 inches apart. Bake in a slow oven, cool slightly, remove from pan and roll over handle of a wooden spoon.

* * *

Brownies

1 cup sugar
¼ cup melted butter
1 egg, unbeaten
2 squares unsweetened chocolate, melted
¾ teaspoonful vanilla
⅓ cup flour
½ cup walnut meats, cut in pieces

Mix ingredients in order given. Line a 7-inch square pan with paraffine paper. Spread mixture evenly in pan and bake in a slow oven. As soon as taken from oven turn from pan, remove paper and cut cake in strips, using a sharp knife. If these directions are not followed paper will cling to cake and it will be impossible to cut it in shapely pieces.

Puddings

Bread Pudding

2 cups stale bread crumbs
1 quart scalded milk
⅓ cup sugar
¼ cup melted butter
2 eggs
½ teaspoonful salt
1 teaspoonful vanilla or
¼ teaspoonful spice

Soak bread crumbs in milk, set aside until cool, add sugar, butter and eggs slightly beaten, salt and flavoring. Bake one hour in buttered pudding dish in slow oven; serve with vanilla sauce. In preparing bread crumbs for puddings avoid using outside crusts. With a coarse grater there need be but little waste.

* * *

Bread and Butter Apple Pudding

Cover bottom of a shallow baking dish with apple sauce. Cut stale bread in one-third inch slices, spread with softened butter, remove crusts and cut in triangular shaped pieces; then arrange closely together over apple. Sprinkle generously with sugar, to which is added a few drops of vanilla. Bake in a moderate oven and serve with cream.

* * *

Graham Pudding

¼ cup butter
½ cup molasses
½ cup milk
1 egg
1½ cups graham flour
½ teaspoonful soda
1 teaspoonful salt
1 cup raisins, seeded and cut in pieces

Melt butter, add molasses, milk, egg well beaten, dry ingredients, mixed and sifted, and raisins; turn into buttered mould, cover and steam two and one-half hours. Serve with vanilla sauce. Dates or figs cut in small pieces may be used in place of raisins.

Butter Sauces

Hard Sauce (for Puddings)

⅓ cup butter
1 cup powdered sugar
⅓ teaspoonful lemon extract
⅔ teaspoonful vanilla

Cream the butter, add sugar gradually, and flavoring.

* * *

Cream Sauce (for Puddings)

¼ cup butter
1 cup powdered sugar
½ teaspoonful vanilla
¼ cup heavy cream

Cream the butter, add sugar gradually, vanilla and cream beaten until stiff.

* * *

Vanilla Sauce (for Puddings)

½ cup sugar
1 cup boiling water
1 tablespoonful cornstarch
2 tablespoonfuls butter
1½ tablespoonfuls lemon juice
1 teaspoonful vanilla
Pinch of salt

Mix sugar and corn starch, add water gradually, stirring constantly Boil 5 minutes. Remove from fire, add butter, lemon juice and vanilla

* * *

Cream Sauce to Serve with Rice Pudding or Boiled Rice

1 cup sweet cream
1 tablespoonful sugar
1 tablespoonful butter

White Sauce (to be used with Fish or Vegetables)

2 tablespoonfuls butter
2 tablespoonfuls flour
1 cup milk
¼ teaspoonful salt
Few grains pepper

Put butter in sauce pan, stir until melted. Add flour mixed with seasonings, and stir until thoroughly blended. Then pour on gradually while stirring constantly the milk. Bring to the boiling point and let boil 2 minutes.

* * *

Drawn Butter Sauce (to be served with Boiled or Baked Fish)

⅓ cup butter
3 tablespoonfuls flour
1½ cups hot water
½ teaspoonful salt
⅛ teaspoonful pepper

Melt one-half the butter, add flour with seasonings, and pour on gradually the hot water. Boil 5 minutes and add remaining butter in small pieces.

from INFANCY to OLD AGE

ICE CREAM

Makes children grow and glow—
It makes adults healthy and vigorous.

Nothing is more appetizing, palatable and delicious and yet no dish is more strengthening and nourishing. It appeals to young and old alike and erroneously has long been looked upon only as a dessert—perhaps there is reason for this for there is nothing more gratifying to "top off" a meat. The real worth of Ice Cream has never been considered It is more than a dessert—it is a real food—not a luxury, and should be used liberally by all members of the family. It is easily and readily digested and furnishes the body with real nourishment at a lower price than Beef Steak, Eggs, Canned Peas or **Tomatoes, or Chicken and many other foods.**

Ice Cream is rich in Butterfat, which contains that vital food substance absolutely necessary to the growth of a child and the health of an adult.

Ice Cream should not be considered as an after-dish, it is a part of the meal. It will take the place of other foods in the meal, less appetizing and **not as economical.**

Ice Cream is an all year round food. At least a dish every day will mean greater health, strength and vitality because it is a real food.

Ice Cream

1 quart cream
¾ cup sugar
1 tablespoonful vanilla

Mix all together and freeze. This may be varied by adding candied cherries, fruits, chopped nuts, macaroons, caramel, concentrated syrups or chocolate syrup.

* * *

Chocolate Syrup

¼ cup cocoa
¼ cup sugar
¼ teaspoonful ground cinnamon
½ cup water

Mix cocoa, sugar and cinnamon and add the water. Cook for 5 minutes. Cool and poor over cream.

* * *

Milk Sherbet

¼ cup lemon juice
2 cups sugar
1 quart milk
1 egg white
1 cup pineapple, grated

Mix sugar and lemon juice, stirring constantly while slowly adding the milk. Pour into the freezer, add the whites of eggs, beaten until stiff and partially freeze. Then add the pineapple and finish freezing.

Crushed strawberries, or other fruits, such as peaches, grape juice, or concentrated syrups, may be added instead of pineapple.

* * *

Various Kinds of Ice Cream

1 Plain Ice cream.
2 Nut Ice Cream
3 Fruit Ice Cream
4 Bisque Ice Cream
5 Parfait
6 Mousse
7 Pudding
8 Au fait
9 Lacto
10 Ices (including the sherbets)

Nesselrode Pudding

1 tablespoonful vanilla
½ cup walnuts
¼ cup candied cherries
¼ cup assorted fruit
2 cups whole-milk
6 egg (yolks)
3 cups cream
1 cup sugar

Heat the milk in a double boiler. Beat the egg yolks slightly, add the sugar and pour slowly over them the hot milk. Return to double boiler and cook for 3 minutes, stirring constantly. Cool and add the cream and flavoring, then cover and freeze. After it begins to freeze, stir in the chopped nuts and the fruit, which have been soaked in boiling water until soft, then chopped fine. Finish freezing.

* * *

Lacto

2 eggs
2 cups sugar
4½ cups Bulgarian milk or sour milk
⅓ cup lemon juice
½ cup grape juice or concentrated syrup (strawberry, raspberry or cherry)

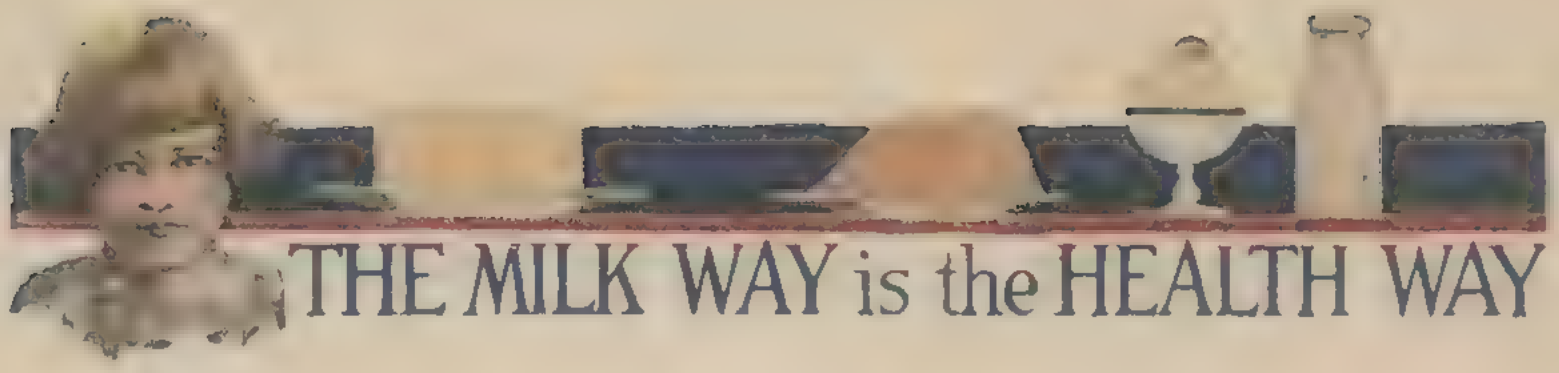
Mix in the order given and freeze as for ice cream.

* * *

Junket Ice Cream with Peaches

4 cups lukewarm milk
1 cup heavy cream
1½ cups sugar
⅛ teaspoonful salt
1½ junket tablets
1 tablespoonful cold water
1 teaspoonful almond extract
1 tablespoonful vanilla
Green coloring
1 can peaches

Mix first four ingredients and add junket tablets dissolved in cold water. Turn into a pudding dish and let stand until set. Add flavoring and coloring, freeze, mould and serve garnished with halves of peaches, filling cavities with halves of blanched almonds. Turn peaches into a sauce pan, add one-third cup sugar and cook slowly until syrup is thick. Cool before garnishing ice cream.



Milk Drinks

Notes

The following list of Milk Drinks is but suggestive of the vast number of delicious drinks which may be made with Milk as the principal ingredient.

Milk drinks are nourishing, delicious and palatable. In addition they are healthful and vitalizing, because Milk is the most nourishing of all foods.

If Milk drinks were advertised commensurate with their value, they would be far more popular than any other drinks on the market.

Milk drinks have no equal. They are bound to be popular if they are given only half a chance.

A little nutmeg or cinnamon sprinkled over the top of each drink adds to the appearance, which, in turn, has its effect upon the appetite. For this reason, they may be used advantageously.

An ounce (2 tablespoonfuls) to 1½ ounces (1 ladlespoonful) of syrup will be found sufficient for each drink.

It is generally advisable to add the Milk to the flavoring rather than the flavoring to the Milk.

A small stream of charged water should be used in preference to a large stream.

Sugar may be added to suit the taste, but it is generally unnecessary, because the syrup usually gives enough sweetness.

The Milk Blossoms and Milk Juleps are slightly improved by adding to the milk and syrup, or milk, syrup and egg, a little pinch of ice cream before they are whipped or shaken.

Shake or whip all mixtures THOROUGHLY before adding the charged water.

The drinks given on following pages may be mixed without charged water. However, charged water should be used when available.

Green River Milk Blossom

Milk Blossoms

(Milk, syrup and charged water if available)

(Use ¾ of a glass of milk and 1 to 1½ oz. syrup.)

CHOCOLATE MILK BLOSSOM
Milk, Chocolate syrup, charged water.

STRAWBERRY MILK BLOSSOM
Milk, Strawberry syrup, charged water.

PINEAPPLE MILK BLOSSOM
Milk, Pineapple syrup, charged water.

ROOT BEER MILK BLOSSOM
Milk, Root Beer syrup, charged water.

GRAPE MILK BLOSSOM
Milk, Grape syrup, charged water.

ORANGE MILK BLOSSOM
Milk, Orange syrup, charged water.

CHERRY MILK BLOSSOM
Milk, Cherry syrup, charged water.

VANILLA MILK BLOSSOM
Milk, Vanilla syrup, charged water.

GREEN RIVER MILK BLOSSOM
Milk, Green River syrup, charged water.

RASPBERRY MILK BLOSSOM
Milk, Raspberry syrup, charged water.

MAPLE MILK BLOSSOM
Milk, Maple syrup, charged water.

PEPPERMINT MILK BLOSSOM
Peppermint leaves are ideal for this. Keep them on hand in a closed glass jar and cover with water. In making a peppermint drink, place two or three leaves in the milk and stir or whip thoroughly, then strain, and add charged water.

from INFANCY to OLD AGE

GRAPE MILK BLOSSOM

Milk, Grape syrup, charged water.

GRAPE MILK JULEP

Milk, Grape syrup, whole egg, charged water.

GRAPE MILK FRAPPE

Milk, flavoring, ice cream and charged water.

Milk Juleps

(Milk, syrup, egg and charged water if available)

(Use ⅔ of a glass of milk and 1 to 1½ oz. syrup.)

In mixing all juleps, add milk to syrup, then break egg in glass, shake thoroughly, and add charged water.

CHOCOLATE MILK JULEP
Milk, Chocolate syrup, whole egg, charged water.

STRAWBERRY JULEP
Milk, Strawberry syrup, whole egg, charged water.

PINEAPPLE MILK JULEP
Milk, Pineapple syrup, whole egg, charged water.

ROOT BEER MILK JULEP
Milk, Root Beer syrup, whole egg, charged water.

GRAPE MILK JULEP
Milk, Grape syrup, whole egg, charged water.

ORANGE MILK JULEP
Milk, Orange syrup, whole egg, charged water.

CHERRY MILK JULEP
Milk, Cherry syrup, whole egg, charged water.

VANILLA MILK JULEP
Milk, Vanilla syrup, whole egg, charged water.

GREEN RIVER MILK JULEP
Milk, Green River syrup, whole egg, charged water.

RASPBERRY MILK JULEP
Milk, Raspberry syrup, whole egg, charged water.

MAPLE MILK JULEP
Milk, Maple syrup, whole egg, charged water.

Milk Frappes

Milk, flavoring, ice cream and charged water.

CHOCOLATE MILK FRAPPE

Chocolate syrup, ice cream and charged water. To chocolate syrup, add pinch of ice cream and one-half glass of milk, shake, pour into glass containing a little ice cream, add charged water. (To this a little whipped cream may be added, on which is then placed a maraschino cherry or one or two nuts or a little nutmeg or cinnamon.)

STRAWBERRY FRAPPE
PINEAPPLE FRAPPE
ROOT BEER FRAPPE
GRAPE FRAPPE
ORANGE FRAPPE
CHERRY FRAPPE
VANILLA FRAPPE
GREEN RIVER FRAPPE
RASPBERRY FRAPPE
MAPLE FRAPPE

* * *

Milk Sparkle

Milk, one egg, sugar, charged water.

* * *

Buttermilk Lemonade

Buttermilk and Lemon flavor and charged water.

* * *

Malted Milk

One ounce vanilla syrup or chocolate syrup, ½ ladle of ice cream, 2 teaspoonfuls malted milk, and a little whole-milk. Stir thoroughly, finish filling glass with milk. Add whipped cream and a little nutmeg if desired.

* * *

Cocoa

Two teaspoonfuls powdered cocoa, add small amount of hot milk, stir so as to make paste, then finish filling cup with hot milk. Add whipped cream if desired.

Extras

Try This One

½ glass sour cream
1 glass milk (sweet)
Bit of salt

Beat together until smooth. Pour into glass. Cover top with thin layer of powdered nuts.

Compliments of the
Freeman Dairy. Flint Mich.

from INFANCY to OLD AGE

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THE EXPENDITURE FOR FOOD NOW IS

Meat and Fish	35%
Milk and its Products	20
Bread and Cereals	15
Fruits and Vegetables	13
Eggs	6
Sugar	5
Miscellaneous	8
	100%

THE EXPENDITURE FOR FOOD SHOULD BE

Meat and Fish	12%
Milk and its Products	44
Bread and Cereals	13
Fruits and Vegetables	17
Eggs	6
Sugar	3
Miscellaneous	5
	100%

CONTENTS ★ HUMAN WELFARE AND NATIONAL EFFICIENCY

THE MOST HEALTHFUL NATION

IS ONE WHOSE CHILDREN HAVE PLENTY OF MILK

THE HEALTHY CHILD IS THE CREAM LINE OF A NATION

THE MOST EFFICIENT NATION

IS ONE WHOSE PEOPLE USE PLENTY OF MILK AND EAT FREELY OF-

THE GREATEST NATION MUST BE BUILT ON THESE

There Are No Substitutes for Dairy Products—and Healthy Children

NATIONAL DAIRY COUNCIL, CHICAGO, ILL.